

# Vermont Quit Network

Where you're in charge of choosing the options that work for you.

## YOUR HEART HEALTH AND SMOKING

### **Smoking has severe effects on your heart and blood vessels.**

Smoking causes coronary heart disease, which is the #1 cause of death in the US. And, smokers have two to three times the risk of dying from coronary heart disease as non-smokers.

- In both men and women, smoking has been linked to sudden cardiac death (where the heart stops beating).
- Poisons from cigarettes travel in the blood to every part of your body.
- Smoking clogs the arteries of your heart. Clogged arteries can cause a heart attack or a stroke.
- Smoking low-tar cigarettes does NOT lower your risk of coronary heart disease.
- Even in young adults, smokers' heart rates are up to three beats a minute faster than those who don't smoke.
- Smoking hurts your body's ability to circulate blood to all of your body because it narrows blood vessels. Smokers are 10 times more likely than non-smokers to get peripheral vascular disease (blockages in the legs).

**Your risk of coronary heart disease is much lower one or two years after you quit smoking. And, the **Vermont Quit Network** can help.**



every try counts

1-800-QUIT-NOW (784-8669) [vtquitnetwork.org](http://vtquitnetwork.org)

VERMONT DEPARTMENT OF HEALTH

The **Vermont Quit Network** offers free nicotine replacement therapy – patches, gum or lozenges – to all Vermonters. Delivered to your home for FREE.